

Lake County General Health District **NEWSLETTER**

Featured Highlights:

Lake County Continues to be
One Of The Healthiest in Ohio

50 Years of Feeding WIC
Families

Preparedness: Be Severe
Weather Ready

Health District Reaccredited for
Five More Years

Introducing: LCGHD Bike
Safety and Wellness

Clean Inspection Awards

Health Commissioner Update

Spring into Safety and Celebrations

As we settle into warmer weather, the Lake County General Health District wants to continue to highlight the importance of safety, preparedness and staying active.

We are also pleased to share that Lake County continues to be one of the Healthiest counties in Ohio, WIC is celebrating their 50th year anniversary, we have recently been reaccredited for five more years, we're introducing a new program that supports bike safety and wellness, and we recently awarded this year's Clean Inspection Awards to restaurants that demonstrated food safety during the 2023 inspection year!

What are you celebrating this Spring?



**Lake County
General Health District**

Public Health
Prevent. Promote. Protect.

Health Data Feature

Lake County Among The Healthiest Counties in Ohio



Lake County General Health District is pleased to announce that Lake County, Ohio ranked better than average in Ohio for health factors and health outcomes and better than the average county in the nation according to this year's County Health Rankings and Roadmaps. The County Health Rankings & Roadmaps (CHR&R) is a program of the University of Wisconsin

Population Health Institute with support from the Robert Wood Johnson Foundation. The program provides local communities with data on more than 80 health-related measures such as housing, education, jobs and access to quality health care. The program draws attention to what impacts health and highlights how the power to make change can ensure community conditions where everyone thrives. For more than a decade, CHR&R's data, evidence, guidance and stories have broadened the nation's understanding about the multiple factors that shape health.

Lake County has seen improvement in the average number of days each month with poor mental health from 5.7 in 2023 to 5.2 in 2024. Premature deaths increased from 7,200 (2018-2020) to 7,700 (2019-2021) with COVID-19 being amongst the top five leading causes of death for persons under age 75. The other categories of health outcomes have declined or remained the same. Most of the new data is from 2021, which was the first full year of the COVID-19 pandemic.

Lake County ranks better than Ohio county averages and national averages in the following categories:

- Access to exercise opportunities
- Teen births
- Uninsured
- High school completions
- Individuals who have attended college
- Children in poverty
- Income inequality

Lake County also had some areas that will require additional examination, including:

- Adult Smoking: 17% in 2024, down from 19% in 2023
- Adult Obesity: 37% the same as in 2023.
- Alcohol-impaired driving deaths: 60%, up from 58% in 2023
- Unemployment: 4.3%

You can explore the rankings further at www.countyhealthrankings.org/health-data/ohio/lake?year=2024 For more information regarding LCGHD, visit our website at www.lcghd.org.

Health District Updates

WIC (Women, Infants, and Children)

This year, the Ohio WIC program has chosen the "50 Years of Feeding WIC Families" for its 50 year anniversary. To celebrate the anniversary and to continue to educate Lake County residents, WIC encourages families to try fun tips and recipes to make food items more appealing to children.

Did you know that WIC can...

- Assess and evaluate WIC participants' medical and nutritional conditions and habits.
- Provide counseling and education to participants to address specific conditions.
- Answer nutrition-related questions.
- Provide guidance on healthy habits including safe sleep practices, breastfeeding, immunizations, and child development.
- Present nutrition education on multiple subjects.
- Refer participants to food banks, health care and social service agencies, physicians, and other community agencies.



Did you know that Lake Geauga's Women Infants and Children program also works with The Mother's Milk Bank of Ohio to collect Breastmilk donations from our local moms? The donations go directly to help NICU babies in Ohio and surrounding states. Just 1 ounce of Human milk can feed a NICU baby for 3 days!

If you or someone you know would be interested in donating please have them email milkbank@ohiohealth.com or call (614) 566.0630 to arrange a screening phone interview.

Learn more about Lake-Geauga WIC at
www.lcghd.org/wic/.

Health District Updates



Preparedness: Be Severe Weather Ready

With spring in full swing, it's important to be severe weather ready! Thunderstorms happen often and can bring dangerous wind, flash flooding, hail, and lightning. There are things you can do to be prepared when severe weather strikes in Lake County:

- Download [Lake County's Wireless Emergency Notification System \(WENS\)](#) to get notifications about weather events, road closures, other emergencies, and more.
- Before the storms, take a look around your home and remove branches or trim trees that may fall on your home in heavy wind or rain.
- Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, electronics, and appliances.
- During a thunderstorm, move indoors into an enclosed building or car. Pay attention to any alerts and warnings.
- Avoid running water, using landline phones, or using devices connected to an electrical outlet.
- If you're outside or driving and find flooding, do not attempt to cross flooded areas and roadways. It only takes six inches of moving water to knock you down and a foot of moving water to carry your car away.
- Stay off bridges over fast-moving water. When in doubt, turn around, don't drown!

After storms pass, pay attention to forecasts and authorities for information on safety and possible flash flooding. Watch for any fallen trees or power lines and report them right away if you find them. If you see a downed wire, call 911 immediately, and warn others to stay at least 30 feet away until help arrives. Please remember: DO NOT drive or walk over downed power lines. **Know your notifications:**

Watch	Advisory	Warning
<ul style="list-style-type: none"> • Advance notice that conditions are right for an increased risk of dangerous weather • Timing and exact locations uncertain • Issued for a broad area 	<ul style="list-style-type: none"> • Issued when potentially hazardous weather is occurring, imminent, or likely. • Issued for more precise locations in the path of the storm when conditions aren't severe 	<ul style="list-style-type: none"> • Issued when hazardous weather is occurring, imminent, or likely. • Issued for more precise locations in the path of the storm
<ul style="list-style-type: none"> • Have a plan in place in case severe weather strikes • Have a place to get updated information as storms approach 	<ul style="list-style-type: none"> • Use caution, conditions could cause significant inconvenience or could lead to situations that could threaten life or property 	<ul style="list-style-type: none"> • Take shelter/ other protective action, weather conditions pose a threat to life or property.

Visit www.ready.gov/severe-weather for more information on preparing for thunderstorms, floods, and other severe weather threats.

Health District Updates

Health District Reaccredited for Five More Years

On March 12, 2024, Lake County General Health District (LCGHD) successfully completed a review process to achieve reaccreditation status through the Public Health Accreditation Board (PHAB). In maintaining its accreditation status for another five years, LCGHD has demonstrated that it meets PHAB's quality standards and measures, and has the capacity to continue to evolve, improve and advance to positively impact the health of Lake County residents.

"We are so pleased to again be recognized by PHAB for achieving national standards that foster effectiveness and promote continuous quality improvement," said Health Commissioner Ron H. Graham.

"Despite the challenges brought on by the COVID-19 pandemic, our staff have been resilient in maintaining best practices and working toward excellence. We hope this announcement will reassure our Lake County residents, partner organizations, funders and elected officials that the services we provide are as responsive as possible to the needs of our community."

The non-profit PHAB works to advance and transform public health practice by championing performance improvement, strong infrastructure and innovation. PHAB's accreditation program, which receives support from the Centers for Disease Control and Prevention, sets standards against which the nation's governmental public health departments can continuously improve the quality of their services and performance.

LCGHD achieved initial accreditation status through PHAB in August 2016, after undergoing a rigorous, multi-faceted, peer-reviewed assessment process to ensure it met a set of quality standards and measures.



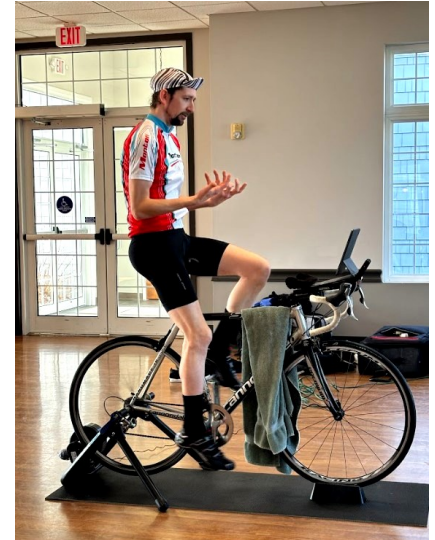
For more information on public health accreditation, please visit www.phaboard.org.

Health District Updates

Introducing: LCGHD Bike safety and wellness

LCGHD is proud to introduce the Virtual Cycling Program to Lake County seniors who want a fresh way to get active at their local senior center. The program offers classes to help improve heart health and maintain range of motion and mobility. Health Educator Dave Patton will facilitate the classes in collaboration with senior centers around Lake County.

The program is designed to allow seniors the ability to take a ride on a stationary bicycle without the risk of bumpy roads, stray animals, motorists or extreme weather conditions. Each rider will also have an iPad in front of their bike, displaying an interactive program that will take them through virtual scenarios and scenery in real time with dozens to hundreds of other program users around the world, all while riding their bike in a room with other active seniors.



New Collaboration

LCGHD is also participating in a Safety Town collaborative program between the Health District, Painesville Lions Club, Painesville Fire and Police departments, HOLA of Painesville, Painesville City Local Schools, and Painesville Parks and Rec department. The aim of this pilot program is to educate the youth about various topics such as Fire and Water Safety, Poison Safety and Gun Safety, Stranger Danger, along with Railroad and Bicycle Safety.

Dave has also worked with local businesses and organizations to install bike racks to make it easier for bike riders to secure their bikes when they are shopping, going to appointments, receiving services, or exploring Lake County.



Interested senior centers should contact LCGHD at **440-350-2543** and ask to speak with Dave.

Special Mentions

Clean Inspection Awards

Each year the Lake County General Health District (LCGHD) gives Clean Inspection Awards to food service operations and retail food establishments that demonstrate food safety during the prior year licensing period. The facilities have shown through food safety knowledge and training, a clean inspection history, and operating according to state and local regulations that they have met the criteria for the award. Businesses that felt they met the required standards were encouraged to apply for this award. Applications were mailed with license renewals in February 2024 and were also made available on the Lake County General Health District website.



This year's winners were recognized at the Lake County General Health District Board of Health April meeting. Winners will also receive a copy of the Board of Health resolution, a congratulatory letter, a trophy, and a window cling to notify their customers of their accomplishment. After review, the following locations were awarded the Clean Inspection Award for the 2023 licensing year:

- **The Kirtland Country Club**, 39438 Kirtland Rd., Willoughby, OH
- **Subway**, 9853 Johnnycake Ridge Rd. Concord, OH
- **Lost Nation Golf Course**, 38890 Hodgson Rd., Willoughby, OH
- **Froyo Shop**, 2709 Hubbard Rd., Madison, OH
- **Madison Senior Center**, 2938 Hubbard Rd., Madison, OH
- **CP's Cooler**, 32433 Vine St., Willowick, OH
- **Wickliffe Community Senior Center**, 900 Worden Rd., Wickliffe, OH
- **Dunkin Donuts**, 35535 Euclid Ave, Willoughby, OH
- **Childtime Learning Center**, 2603 Riverside Sr., Painesville, OH
- **Windsor Laurelwood**, 35900 Euclid Ave., Willoughby, OH
- **Nouveau Bistro & Lounge**, 7590 Fredle Dr., Concord, OH
- **The Painesville Speedway**, 500 Fairport Nursery Rd., Painesville, OH
- **Ph8 Restaurant and Winery**, 30310 Euclid Ave., Wickliffe, OH
- **Center for Pastoral Leadership**, 28700 Euclid Ave., Wickliffe, OH
- **Infinite Learning Enrichment Center**, 2860 Bishop Rd., Willoughby Hills, OH
- **The Gateway Diner**, 29325 Euclid Ave., Wickliffe, OH
- **Willowick Community Senior Center**, 321 E. 314th St., Willowick, OH
- **Painesville Nutrition Site**, 270 E. Main St., Painesville, OH
- **Steele Mansion Inn**, 348 Mentor Ave., Painesville, OH

A Note from the Health Commissioner

Dear Friends,

It is important that we maintain open and effective communication in the workplace, but it is also essential to remember what information can and cannot be shared. When discussing decisions made within the Health District, we often focus on the outcome and action steps rather than delving into the reasoning behind the decision.

It is important to remember that not all information is meant to be shared with everyone, and discretion is key. We actively share information, using chain of command, that is relevant and necessary for others to know in order to carry out their roles effectively to better serve Lake County residents.



*Health Commissioner
Ron Graham*

DOs:

1. Use clear and concise language when communicating.
2. Listen actively and attentively to others when they are speaking.
3. Be respectful and considerate of other people's needs, opinions, and perspectives.
4. Communicate openly and honestly with colleagues, especially when discussing feedback or concerns.
5. Use positive and encouraging language when providing feedback or recognition to others.
6. Communicate in a timely manner and respond promptly to emails, messages, and requests.
7. Use appropriate channels of communication, such as email, phone calls, or in-person meetings, depending on the nature of the communication.

DON'Ts:

1. Don't interrupt others when they are speaking.
2. Don't use negative or disrespectful language when communicating with members of the public or colleagues.
3. Avoid using jargon or technical language that may be difficult for others to understand.
4. Don't ignore or dismiss the needs, opinions, or perspectives of others.
5. Avoid using aggressive or confrontational language when communicating, especially in difficult situations.
6. Don't rely solely on written communication; make an effort to meet people where they are.

Thank you for your attention to this matter and for your professionalism in all communications.

Ron H. Graham

Warmest regards,

Get More Information from the Lake County General Health District!

www.lcghd.org



Sign up for alerts at <https://linktr.ee/lcghd>



Important Dates

May

Older Americans Month

National Women’s Health Week
(May 12—18)

May 20-Jun. 2: Click It or Ticket Campaign (Seat belt awareness)

American Stroke Awareness Month

Healthy Vision Month

CLOSED May 27: Memorial Day

June

June 9: Pride from 11am—5pm at the Lake County History Center (415 Riverside Dr, Painesville, OH)

National Men’s Health Month

World Sickle Cell Day (June 19)

CLOSED June 19: Juneteenth

July

CLOSED July 4: Independence Day

Jul. 28: World Hepatitis Day

UV Awareness Month



Birth & Death Records

The Office of Vital Statistics offers birth and death records.

Cost: \$21.50 per copy

Walk-In Service is available Monday through Friday, between 8:00 a.m. and 3:30 p.m.

More details available at www.lcghd.org/birth-and-death-records/

Get our Newsletter Online!
www.lcghd.org/newsletter

